

Middle Age at 35 or 60?

Physician Explains Why Lack Of Iron In the Blood Saps the Strength and Vitality and Often Makes Men and Women Look and Feel Old Before Their Time.

By Dr. Ferdinand King, New York Physician and Medical Author

Signs of old age are plainly to be seen in many a man and woman who ought still to be enjoying the rugged health and activity of the early prime of life. Yet often the real cause of their decline is nothing more than lack of iron in the blood and it is surprising how quickly these conditions are frequently corrected once the right kind of iron is supplied.

I am constantly coming across cases in my practice where people not yet 40 show much of the nervousness, lack of energy and general run-down condition which might possibly be expected to come twenty years later in life while others at 60 may still be young in feeling, mentally alert with steady nerves and strong bodies.

Whether we have health and long life is often a question which each one must determine for himself. Signs of old age are largely due to a deposit of waste matter in the blood vessels and cells of the body. Without plenty of strengthening iron the blood is utterly lacking in the power to overcome this slow poisoning process and keep the body strong and healthy. To make up for this deficiency I usually prescribe organic iron like Nuxated Iron which by enriching the blood and creating thousands of new red blood cells helps renew the wasted tissue and build strength and energy to withstand the ravages of time. I know of no more simple means by which a person can find out if his blood needs iron than by making the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of Nuxated Iron three times per day after meals for two weeks. Then test your strength and see how much you have gained. Nuxated Iron will increase the strength, power and endurance of delicate, nervous run-down people in two weeks' time in many instances. You can procure Nuxated Iron from your druggist on an absolute guarantee of satisfaction or your money will be refunded.

NUXATED IRON
For Health, Strength and Energy

CAR IN ACCIDENT

Canadian Auto Goes Off Bridge Near Middlesex.

Montpelier, Sept. 27.—Three men and a boy riding in a Canadian automobile that was being driven at high speed escaped with minor injuries

Sunday morning when their machine went off the side of a small bridge near the twin bridge in Middlesex. Another car crowding the Canadian car is claimed to have been the cause of the trouble. The names were not learned. A truck was used from Waterbury to get the car back into the road.



SUNSEAL SUNNYCORN
The Instant-Cooked Breakfast Cereal

A delightful treat for the whole family—a new, mellow, creamy flavor that all will enjoy.

Not cornflakes, but the heart of the choicest white corn ground fine and thoroughly cooked in a patented milling process.

Ready for almost instant serving—simply stir into boiling water and it is done.

Convenient, delicious, wholesome. Try a package.

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GENEVA, N. Y.



BENNINGTON BRIEFS

News of the Town and Village Told Briefly for Busy Readers.

Oysters and clams at Estes market. Adv.

J. P. Murphy of Revere, Mass., is in town on business today.

"The Idol Dancer"—Library Theatre—Friday and Saturday. Adv.

Mr. and Mrs. Leon Eldred motored to Great Barrington today to attend the fair.

Wanted—A dishwasher at LaFortune restaurant. Good pay to right party. Adv.

Miss Katherine McBride of Rutland is visiting at the home of Mrs. Margaret McBride.

Small pickling cucumbers at Estes. Adv.

Mr. and Mrs. John Ryan motored to White River Junction Tuesday and attended the Vermont State fair.

Mrs. E. A. Booth, Mrs. D. A. Hurley, Mrs. H. A. Elwell and John Elwell motored to Albany Tuesday.

Miss Alice Hodges of Middlebury, a sister of Mrs. O. L. Lawrence has recently taken a position as teacher in the Pownal district school.

Mrs. Daniel Britton and son of Rock, Mass., are spending their annual vacation at the home of Mrs. Louis Remington of Jefferson street.

If it's shoes that the youngsters need, bring or send them to our shoe department. We guarantee a perfect fit and long wear. Neveck's. Adv. 1712

Miss Elizabeth Huling, who has been spending the summer with her parents on South street, left Monday to continue her studies at Vassar college.

Commander and Mrs. Jones and Miss Huber closed their summer home at Old Bennington today and returned to Washington to spend the winter.

Henry Chase has returned from Burlington where he attended the state convention as the member of the committee on resolutions from Bennington county.

Tomorrow Owen Moore in "The Desperate Hero," a Select picture production and "Squeaks and Squawks," a Big V comedy. Harte Theatre tomorrow. Adv.

To-Night! To-Night! TO-NIGHT! "Balloon Dance" at the Bennington Girls' club (formerly Young Woman's club). Cusson's orchestra will furnish music. Adv.

Sessue Hayakawa in a gripping drama of the Orient, "The Arabian Knight," and Jupiter and Mars the wonderful horse and dog act, Opera House tonight. Adv.

Mr. and Mrs. John Stafford and son Roland motored to Poultney today for a short visit. They are to go to White River Junction Thursday to attend the State fair.

Benett Lott, who has been employed for many years at Fillmore Farms, sailed today from New York for Europe. He is on his way to his former home in Lithuania.

Charles Ray shines as a pugilist in "The Egg Crate Wallop." This is a Paramount Artcraft Thos. H. Ince production and Ince goes in for realism. Harte Theatre today. Adv.

Municipal Judge William J. Meagher is in New York on a business trip. George Liberty of Woodstock motored to Bennington Tuesday and has been visiting with friends and relatives.

Superintendent Charles T. Brettell of Fillmore Farms, Herbert Bretell and William Gee left today for White River Junction where the farm's show flock of Dorset sheep will exhibit at the Vermont state fair.

The funeral of the late James Reed, whose death occurred in North Bennington Sunday was held from the Congregational church in Danby Tuesday afternoon. Interment took place at the Reed cemetery in Danby.

Mr. and Mrs. Frank Hemmer, and daughter, Marion, who have been visiting Mrs. Hemmer's father, William Leggin of Brand street, have returned

to their home in Plainfield, N. J. They were accompanied home by Miss Mabel Leggin.

Good progress is being made in the laying of the sanitary sewer on Depot street, although considerable difficulty is being experienced in handling the water that seeps into the ditch from the river. It has been necessary to use a power pump.

OPERA

TONIGHT
Two Shows Tonight at 7:30 and 9.
Prices: Gallery, 10 cts; Balcony, 15 cts; Downstairs, 20 cts., plus tax.

HOUSE

SPECIAL

SPECIAL

SPECIAL

The famous Japanese Star

Sessue HAYAKAWA

in the greatest success of his screen career.

"An Arabian Night"

Here is an entirely new characterization by Hayakawa which will charm his old friends and vastly widen his appeal. We guarantee this to be one of the biggest and best productions to be shown this year. Don't confuse it with an ordinary program picture. It is a big special in every respect. It contains wonderful acting, beautiful photography, magnificent settings. The directing in this production is unsurpassed. Take advantage of this opportunity and see this photoplay. It has never been shown at such low prices before.

VODVIL! Last Appearance of JUPITER & MARS

One of the greatest PONY and DOG ACTS in the business. The posing done by these animals is marvelous. If you see this act once you'll surely see it again.

OPERA HOUSE ORCHESTRA Every Night

Shows at 7:30 and 9 o'clock—regular admission.

Harte Theatre

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—ADMISSION—
Matinee 11c and 17c
Evening—11c and 17c
Only First Run Pictures
Shown Here.

—SHOWS—
3-7:30 and 9 o'clock
Daily.

PARAMOUNT-ARTCRAFT DAY

THOS. H. INCE presents everybody's favorite

Charles RAY

"The Egg Crate Wallop"

As docile as a lamb in the presence of the girl he loved, he became a seething volcano in the squared arena where, driven by a terrible necessity, he fought a battle against terrible odds to a victory that is all the more sublime because overshadowed by defeat.

When you see a new Thos. H. Ince picture advertised, you can rest assured it is the best.

See Charles Ray in a production that brings him into the prize ring, and shows him in a four round battle that puts the Dempsey-Willard thing in the shade. It's some fight!

COMING TOMORROW AFTERNOON AND EVENING—Lewis J. Selznick presents OWEN-MOORE in "THE DESPERATE HERO." It's a Select picture, recently released, and "SQUEAKS AND SQUAKS" a big V Comedy.

COMING FRIDAY—The matinee idol, J. WARREN KERRIGAN in "THE GREEN FLAME."

"THE PIRATES FANCS"

Chapter No. 2 of the great, sensational FOX serial

"Bride 13"

A thrill in every foot of this film.

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Adults 17c—Children 11c

Special Music Every Evening

GAUMONT presents

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"HUSBANDS and WIVES"

The production de-Luxe—beautiful women—lavish settings—the prettiest story ever told on the screen.

HANK MANN in "The Plumber"

(That usual long scream)

TOMORROW—ALICE BRADY in "THE DARK LANTERN" and FRANKLYN FARNUM in "HELL'S FURY GORDON."

FRIDAY and SATURDAY—D. W. Griffith's, "THE IDOL DANCER," a First National attraction, the screen's biggest sensation.

COMING—ELSIE JANIS in "THE IMP."

OPERA HOUSE

One Night, Friday, Oct. 1

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ADOLPH KLAUBER Presents * THE NAUGHTY-NICE FARCE



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